

Virginia Dept of  
Health  
Vol. 1, Issue 2  
Winter 2006

# Southside Medical Reserve Corps Newsletter

The Southside MRC recognizes volunteers for their support and participation in a ceremony on Dec. 14, 2006 at Meadowview Terrace.

The volunteers listed below received special recognition for extraordinary participation by attending 12 of more training or events for the SMRC.

Anita Chandler (21)

Julius Hite (12)

Zelma Moore (18)

Betty DeOrnellas (12)

Robin Jones (15)

Judith Shepherd (12)

Chris Hite (12)

Sandra Kirkpatrick (13)

Kathy Lynn (12)

Daron Foulker (12)



The following volunteers received a Certificate of Training for completing the MRC Basic Training. They received a tote bag, t-shirt, hat/visor and the MRC lapel pin.

Lori Ammons

Jackie Hinman

Patricia Mayer

Frederick Sturmer

Sylvia Briggs-Judkins

Julius Hite

Peggy McGinnis

Alice Tudor

Anita Chandler

David Jackson

Zelma Moore

Nora Walker

Betty Deornellas

Linda Jackson

Vickie Poole

Joel Worsley

Michelle Edmonds

Robin Jones

Holt Reeves

Daron Foulker

Rita Garber

Sandra Kirkpatrick

William Seely

Dorothy Haley

Kathy Lynn

Judith Shepherd



The volunteers listed below were award Certificates of Appreciation

Lori Ammons

Scott Edmonds

Maria Lane

Debra Savage

Nancy Arthur

Candice Elliott

Rosalie Lefontanie

Rebecca Scarborough

Laura Bailey

Samuel Fisher

Kathy Lynn

William Seely

Stephen Bailey

Rita Garber

Maryilyn Mann

Judith Shepherd

Kathy Bean

Dorothy Haley

Patricia Mayer

Michael Simmons

Mitzi Betts

Patricia Harris

Peggy McGinnis

Rochelle Smith

Sylvia Briggs- Judkins

Kelly Hill

Kenneth Morris

Frederick Strummer

Julianna Buchanan

Jackie Hinman

Zelma Moore

Margaret Tetlak

Wendy Burch

Chris Hite

Kim Murray

Alice Tudor

Brenda Castle-Cahoon

Julius Hite

Nellie Newton

Nora Walker

Anita Chandler

Carnell Jackson Jr.

Vickie Poole

Gayle Wall

Robert Dennis

David Jackson

Patricia Queck

Joel Worsley

Betty DeOrnellas

Linda Jackson

Danita Reese

Justin Yancey

Judy Echard

Robin Jones

Holt Reeves

Frances Young

Michelle Edmonds

Sandra Kirkpatrick

Valerie Robertson

Daron Foulker

# Fire Safety

Fires are a major cause of damage & injuries each year; about \$11 billion, 33,700 deaths and 18,000 injuries. 82% of all fire deaths occur in the home.

## How often do fires occur?

- Every 20 seconds: fire departments respond to a fire.
- Every 83 seconds: One home structure fire is reported.
- Every 29 minutes: One civilian fire injury is reported.
- Every 2 hours and 23 minutes: One civilian fire death occurs.



## Know what to do?

- ☐ Install smoke detectors.
- ☐ Buy fire extinguishers.
- ☐ Have an Evacuation Route for each room.
- ☐ Practice skills and escaping with your kids.

Cooking is #1 cause of fires.

Heating sources are #2 cause of fires.



## Smoke Detectors

### A small price to save lives

Ninety-two (92) percent of houses have smoke detectors installed, but one-third don't work because of old batteries.

A working smoke detector reduces the risk of dying in a home fire by nearly half! This is if you do nothing else!

Most fires occur at night while people sleep. Smoke can seep into rooms, suffocate and kill without warning.

### Install smoke detectors in your home:

- ☐ On ceiling in every room, except the kitchen.
- ☐ Purchase ones tested by Underwriters Laboratories (UL)
- ☐ For multilevel homes, install on each level of your home, including your basement.
- ☐ Keep smoke detectors clean.

**Spring Forward**

**Fall Back**

**Change batteries when you change time.**

## Don't Forget the Fire Extinguisher

Along with working smoke detectors, install fire extinguishers in your home. An all-purpose fire extinguisher, tested by Underwriters Laboratories (UL) is probably the best. Have at least one in or near the kitchen and know how to use it.



### Fire Extinguisher Safety Tips:

- Use a portable fire extinguisher when:
    - Fire is confined to a small area & is not growing.
    - Everyone has exited the building
    - Fire department has been called or is being called.
    - Room is not filled with smoke.
  - Remember **PASS** when operating an extinguisher:
    - **P**ull the pin. Hold the extinguisher with the nozzle pointing away from you.
    - **A**im low. Point the extinguisher at the base of the fire.
    - **S**queeze handle slowly and evenly.
    - **S**weep nozzle from side-to-side.
- Read the instructions and become familiar with its parts and operation.
  - Install fire extinguishers close to an exit and keep your back to a clear exit when you use it.
  - Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a plan and working smoke alarms.

## Other Volunteer Groups & Opportunities

Some of our MRC members volunteer with civic and church groups. In the next newsletters, we will highlight some volunteer opportunities if you want volunteer with them, too.

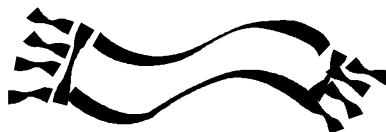
Southside MRC volunteer Chris Hite also helps with the Southern Baptist Conservatives of Virginia. He was one of 4 volunteers from this area who went to Ivor, VA, to help with flood relief efforts by cleaning and prepping houses for repair.

The Southern Virginia Conservative Volunteers are part of the Southern Virginia Mission Board Disaster Relief efforts. These groups do an impressive amount of relief. See next page.

For more information: [www.sbcv.org./disaster\\_relief/](http://www.sbcv.org./disaster_relief/)

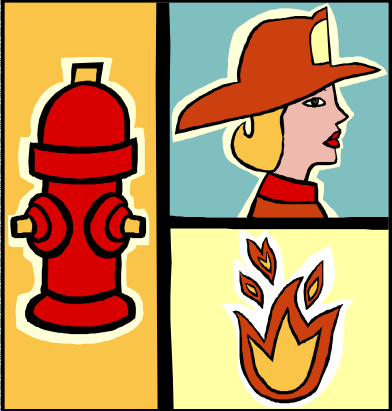


"I believe that involvement in other disaster relief organizations provides me with valuable training and experience that better prepares me for a response as a MRC volunteer."



## Total Southern Baptist Relief efforts for 2005

Disaster Responses	166	Showers Provided	155,967	Total Trained Vols.	51,782
Vol. Days Contributed	165,748	Laundry Loads Complet'd	8,253	Vols. Trained in 2005	25,360
Meals Prepared	17,124,738	Children Cared For	5,922	Total Units in Nat'l Fleet	800
Buildings Repaired	7,246	Ham Radio Msges Sent	3,107	New Units in 2005	187
Yards Cleaned	13,986	Gals. of Water Purified	68,846		

<u>Dates</u>	<u>Training &amp; Location</u>	<u>Time</u>		
<b>Jan. 29</b>	<u>Why Don't We Do It in Our Sleeve?</u> CMH Ed. Center      Room 103	<b>3:30 PM</b>		
<b>Jan 30</b>	<u>Why Don't We Do It in Our Sleeve?</u> Halifax Health Dept.      Conference Room	<b>6 PM</b>		
<b>Feb. 12</b>	<u>Beginning EPI</u> CMH Ed. Center      Room 103	<b>3:30 PM</b>		
<b>Feb. 26</b>	<u>Beginning EPI</u> HALIFAX REGIONAL HOSPITAL, Bellwood Room	<b>6 PM</b>		



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